



The Hanover Council on Aging

# HANOVER HAPPENINGS



APRIL 2018

665 Center Street Hanover MA 02339 (781) 924.1913 [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

Happy Spring!

As of January the Center has been opened on Wednesday and Thursday evenings. People often ask, "What happens at the Center at night?"

My usual response is, "paperwork" and although that is true we offer special programs and events throughout the year. We have also included some Monday evenings.

We recently had a Sunday musical performance and there were over 60 people in attendance. Look for another Sunday event in this edition of the newsletter.

I have a dear friend who always says "Human Services is not a 8 hour a day job." My sentiments exactly!

The evening is a great time to come and tour the facility. Ask questions about Fuel Assistance, Food Stamps, Aging Parent Issues, get referrals to services available to you or an older person in your life, or even have something notarized.

Being open in the evening allows us to serve those who are still working and would like to exercise at night, get information, or come out and be social.

Hope to see you sometime!

We will continue to add new programming so be sure you check out our calendar monthly!!!

*Tammy*

## REGULAR LIBRARY RIDES

We will be providing weekly rides to the John Curtis Free Library Friday's from 11-1PM. Please call for a reservation. 781-924-1913

## **April is National Health Care Decisions Month**

It's not an easy topic to discuss, but do your family and friends know your wishes in the event that you cannot tell them?

If you have not chosen a Health Care Proxy or have your Advanced Directives in order please come in and talk with Tammy. She can assist you in gathering your thoughts that will help make your decision a bit easier to make. Don't wait until it's too late to get your wishes in order. Although April is a month dedicated to this, you can make an appointment at any-time.

## ANTIQUES APPRAISAL EVENT

The Hanover Garden Club cordially invites you to its 2018 spring fundraiser: An Antiques Appraisal Event at **Riley Hall on Route 139 in Hanover Center on Saturday, April 7, from 12 noon to 4 p.m.**

A "Dream Team" of appraisers, recruited by Peter Smith, National Certified Appraiser and local radio talk show host, will be on hand to evaluate antiques, memorabilia, family heirlooms, keepsakes, and other objects of interest. **The fee will be \$10.00 per item** appraised, with proceeds benefitting the civic and educational projects of the Hanover Garden Club.

All are welcome to come, bring those treasured items, and find out if they have more than sentimental value!

## WINTER STORM INFORMATION

The COA Policy is to close to programming when the schools close due to weather or other related incidents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 BEGINNERS TAI CHI</b> <b>2:00 GENTLE TAI CHI</b> <b>SHOPPING-SHAW'S</b>	<b>3</b> 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL  <b>PM SHOPPING</b> <b>ROCHE BROTHERS/</b> <b>CHRISTMAS TREE</b>	<b>4</b> <b>8-11 TAX PREPARATION</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>	<b>5</b> 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6:00 PM YOGA <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>6</b> 10:00 ARTHRITIS EXERCISE <b>1:00 DECO ART WITH BARBARA REYNOLDS</b>  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>9</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 CAREGIVER SUPPORT</b> <b>1:00 BEGINNERS TAI CHI</b> <b>2:00 GENTLE TAI CHI</b> <b>SHOPPING-SHAW'S</b>	<b>10</b> 9:30 MORNING OUT 1:00 TAI CHI <b>1:00 PAINTING WITH TAMI</b> 2:15 STRETCH WITH NEIL <b>7PM HVNA OPEN MEETING</b> <b>PARKINSON'S DISCUSSION</b>  <b>PM SHOPPING</b> <b>KOHL'S/STOP&amp;SHOP</b>	<b>11</b> <b>8-11 TAX PREPARATION</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>  <b>NO EVEING HOURS</b>	<b>12</b> 10:00 BOWLING 10:00 EXERCISE W CHRIS 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL <b>6:00 A WALK IN THEIR SHOES</b> 6PM YOGA <b>HANOVER MALL</b>	<b>13</b> 10:00 ARTHRITIS EXERCISE <b>1:00 MOVIE MOUSE HUNT</b>  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>  <b>COME TO THE SPRING FLING ON SUNDAY, APRIL 15</b>
<b>16</b> <b>Patriot's Day</b>    <b>Center closed</b>	<b>17</b> 9:30 MORNING OUT 9:30 MEN'S DISCUSSION 9:30 BLOOD GLUCOSE 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL  <b>SHOPPING</b> <b>STAR/MARSHALLS</b> <b>MARSHFIELD</b>	<b>18</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER <b>6:30 SIGN MAKING CLASS</b>	<b>19</b> 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA 6PM FOSTERING RELATIONSHIPS WITH ADULT CHILDREN  <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>20</b> 10:00 ARTHRITIS EXERCISE 11:00 VOLUNTEER RECOGNITION LUNCHEON <b>1:00 ART FOR YOUR MIND</b>  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>23</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 ACRYLIC PAINT DEMO CLASS</b> <b>1:00 GENTLE TAI CHI</b>  <b>SHOPPING-SHAW'S</b>	<b>24</b> 9:30 MORNING OUT 1:00 TAI CHI <b>1:00 A WALK IN THEIR SHORES</b> 2:15 STRETCH WITH NEIL <b>SHOPPING</b> <b>MARKET BASKET</b>	<b>25</b> 930 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER <b>2:30 MOVIE MAUDE</b> <b>6:00 LIGHT DINNER</b> <b>6:30 MAXIMIZING YOUR SOCIAL SECURITY AND ESTATE PLANNING PRESENTATION</b>	<b>26</b> 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>27</b> 10:00 ARTHRITIS EXERCISE <b>1:00 TEA WITH SOUTH SHORE CONSERVATORY</b>  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>30</b> 8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE <b>11:00 TRIAD</b> 1:00 MAH JONG <b>1:00 GENTLE TAI CHI</b> <b>SHOPPING-SHAW'S</b>				ALTRUSA INTERNATIONAL & DRESS BARN'S ANNUAL FASHION SHOW!  <b>SUNDAY APRIL 22 1PM</b>

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**kfontaine@4LPi.com or (800) 477-4574 x6350**

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## **DECO ART WITH BARBARA REYNOLDS**

**Friday, April 6 at 1PM, fee \$5**

Join us for Art Deco with Barbara Reynolds, in a class that focuses on glass painting. Barbara shows us how to turn something basic into a beautiful work of art. Displays of upcoming projects are available and supplies included in cost. This class is partially funded by the Friends of the Hanover COA. Pay \$5 to the instructor. Reservations required.

## **CAREGIVER SUPPORT (RESCHEDULED)**

**Monday, April 9 at 1PM, free**

Join Linda Felix of North River Home Care as she discusses and demonstrates ways in which you can de-stress in daily life. All are welcome to attend. Please call 781-924-1913 to reserve your spot.

## **FRIENDSHIP HOME - CRAFT**

Join the participants of The Friendship Home for crafting and fun on **Tuesday, April 10 at 11AM, fee \$3.00 supplies included in the cost.**

## **PAINTING WITH TAMI TRRAFT**

**Tuesday, April 10 at 1PM, fee \$5**

Tami Traft uses acrylic paints to teach this class. Participants leave with a beautiful painting ready to hang. Tami provides all the supplies. This class is brought to you in part by the Friends of the Hanover COA. Limited spots. Call 781-924-1913. Pay instructor.

## **A WALK IN THEIR SHOES**

**Two Presentations: Thursday, April 12 at 6PM and Tuesday April 24 at 1PM, free**

Speaker, Susan Sheehan, Executive Director at Windrose of Weymouth, has been educated and trained in Habilitation, Alzheimer's disease Care giving and is a Certified Support Group Leader. With 22 years of industry experience, she has participated in Alzheimer's disease research as well as practiced as Cognitive Therapist and Alzheimer's Coach. She has developed memory care programs for both skilled

"A Walk in Their Shoes", is a simulation to help people understand what symptoms of dementia feel like to people who are experiencing diseases that cause dementia. Props will be used to mimic these deficits and disabilities that are part of illnesses related to memory loss. We will discuss physiological changes that occur in illnesses that cause dementia including Alzheimer's disease. Call to reserve your spot.

## **MOVIE MOUSE HUNT**

**Friday, April 13 at 1PM, free**

Two brothers (Nathan Lane and Lee Evans) inherit a string factory and decaying country home after the death of their father (William Hickey). After moving in, they learn that the house has historical architectural importance and is valued in the millions. However, they are constantly tormented by a mouse within the walls. They engage in cartoon-like combat against the rodent, but it manages to outwit the brothers. Refreshments provided. Please call to sign up.

## **SPRING FLING DINNER AND MUSIC**

**Sunday, April 15 at 3PM, fee \$3.00**

The Swing Fever Trio returns for an afternoon of music and fun (dancing encouraged). Please RSVP by April 10th.

## **SIGN PAINTING WITH BARBARA STONE,**

**Life Expressions Décor Leader**

**Wednesday, April 18 at 6:30 PM**

Join us for a fun, creative class making one of a kind signs. You will choose from over 50 expressions and over 35 color choices to create a truly unique 4 x 24 inch wooden sign. The instructor will bring a variety of sayings, including some related to family and friends, pets, home, seasonal sayings, and more. With Mother's Day, Father's Day and end of the year teacher gift giving you can use this opportunity to cross some gifts off your list. Homemade gifts are treasured, and you will take immense pride in the signs you create.

You will be guided through the paint and vinyl lettering application process. Your sign will be dry and ready to hang, or wrap when you leave. No artistic skills needed. Call 781-924-1913 to reserve.

**Sign pricing: 1 for \$22.00, 3 for \$58.00.**

**EVENTS CONTINUED ON PAGE 5**

## **VETERAN'S NEWS**

A January, 2018 court ruling by a judge under the Department of Labor, has determined that open-air burn pits are connected to lung disease. Burn pits are where thousands of chemicals had been released into the atmosphere after trash and other waste had been incinerated near American military bases in Iraq and Afghanistan. The decision marks a victory for the nearly 64,000 active service members and retirees who have put their names on the Burn Pit Registry created by the Veterans Administration.

Science has recognized there are certain carcinogens that when people are exposed to them, depending on the quantities and the amount in the water and air, can have a carcinogenic impact on the body.

The Burn Pit Registry can be found at:

[www.publichealth.va.gov/exposures/burnpits/index.asp](http://www.publichealth.va.gov/exposures/burnpits/index.asp)

This ruling may open the door for plaintiffs seeking medical services for the lung and respiratory ailments they suffered after returning from overseas, but currently are denied coverage by the VA. The VA is not ready to accept disability claims for this condition as yet, but the process is moving forward and it is hoped that a formal recognition of disability will come in the near future.

If you have questions about your military/VA benefits please contact the Hanover Veterans' Service Officer, Mike Thorp, located at town hall, 781-829-0968.

## **OUTREACH**

### **Fuel Assistance**

The COA provides assistance with applying for this federal program. This program provides low income individuals and families with help paying home heating bills. Renters may be eligible as well. Applications can be submitted until April 30, 2018. Contact Nancy Lester at 781-924-1913 to find out what documents you need to bring to apply.

### **New Medicare cards**

Starting in April 2018, Medicare is sending new Medicare cards with new Medicare numbers to every person with Medicare. The rollout of the new cards will take about a year. You don't need to do anything to get your new card.

## **HANOVER VNA**

Parkinson's disease is a neurodegenerative brain disorder that progresses slowly in most people. Symptoms can take years to develop, and most people live for many years with the disease.

The symptoms cause by Parkinson's include an ongoing loss of motor control (resting tremors, stiffness, slow movement, postural instability) as well as a wide range of non-motor symptoms (such as depression, loss of sense of smell, gastric problems, cognitive changes and many others).

Parkinson's disease affects approximately 1 million Americans, with another 60,000 diagnosed each year. The average age of the diagnosis is around 60, but approximately 15% of people with Parkinson's are diagnosed before age of 50 and are said to have young-onset Parkinson's disease.

1-800-4PD-INFO (473-4636) [www.parkinson.org](http://www.parkinson.org)

### **Please Join The Hanover Visiting Nurse Association Board For:**

The Hanover Visiting Nurse Association, Inc  
Annual Meeting on Tuesday, **April 10, 2018, at 7pm**,  
at the COA, 665 Center Street, Hanover.

The topic will be: "Parkinson's... A Complex and Mystifying Disease"

The guest speaker will be Brett Miller. Brett has twenty three years of experience as a Physical Therapist, he is a former medic in the Army, and a professional conditioning boxing coach. He is also the founder of Rock Steady Boxing South Shore in 2016 (an affiliate of the original program in Indianapolis. RSB is a noncontact physical therapy for individuals battling Parkinson's. Brett is the owner of 110 Fitness and Wellness Center in Rockland MA, which offers adaptive and wellness programs for individuals of all ages with disabilities.

Signs and symptoms of Parkinson's, medications, resources available and the health benefits of exercising will be addressed.



**EVENTS continued****ART FOR YOUR MIND****Friday, April 20 at 1PM, fee \$2**

The featured topic this month is Mary Cassatt. "Mary Cassatt a New Woman," offers insight into the creative mind of one of America's most prominent 19th Century artists. Cassatt's accomplishments encourage open-mindedness about what could be, and what a women could do . Call to reserve your place.

**ACRYLIC PAINTING DEMO CLASS****Monday, April 23 at 1PM, free**

Come for an informational talk about a four week acrylic painting workshop. The 45 minutes presentation will include visuals showing the four step process to creating a beautiful New England landscape. Supplies as well as art concepts and techniques will be discussed. The instructor, Barb Wilson, was an art teacher for over 30 years, and is now giving her time to encourage others to become passionate about art! Sign up is necessary to attend the first workshop. All levels are encouraged to attend.

**MOVIE JCFL AND HCOA PARTNERSHIP  
MAUDE, Wednesday, April 25 at 2:30PM, free**

Canadian folk artist Maude Lewis (Sally Hawkins) falls in love with a fish peddler (Ethan Hawke) While working for him as a live-in housekeeper. The movie is filmed in Labrador and Newfoundland. Light refreshments will be served. Please call 781-924-1913 to reserve a spot.

**GENERATIONS ASSET PRESENTATION  
MAXIMIZING SOCIAL SECURITY AND  
ESTATE PLANNING WORKSHOP AND  
LIGHT DINNER****Wednesday, April 25****Light dinner at 6PM and presentation at 6:30PM,  
free**

This presentation is aimed at those who have not begun to collect social security benefits yet. There are several strategies to getting the largest possible benefit from social security as long as you plan ahead.

**TEA WITH SOUTH SHORE CONSERVATORY  
STORY TELLER SERIES "PLAYING THE  
BLUES"****Friday, April 27 at 1PM, fee \$3 for lunch**

Join us for Tea and "Playing the Blues" by South Shore Conservatory (SSC). Storyteller Series is designed to engage adult learners with a stimulating exploration of music through characters and events that have shaped its history. This 60 minute session features a compelling narrative through performance, lecture and discussion.

"Playing the Blues" makes us think of modern Blues legends such as B.B. King, Chuck Berry and Muddy Waters. Grammy winning SSC Blues Pianist, Anthony Geraci has performed with all of them. He will present an up close and personal introduction to the music and personalities of the Blues greats. Sign up and pay by April 23. This program is funded by The Hanover Cultural Council.

**T.R.I.A.D. MEETING  
Monday, April 30 at 11AM  
(S.A.L.T. Committee meeting at 10:30AM)**

Fred Freeman of the Hanover Fire department will be discussing Falls and how to avoid falling. A light lunch will be provided by The Hanover Police Department.

Call or stop by the office to reserve your spot!

If you have never been to a TRIAD Meeting it is a gathering of state and town officials, from The District Attorney's Office, Plymouth County Sheriff's Department, The COA, and Hanover's Police and Fire. who



## **VOLUNTEERS**

We are still looking for anyone who is interested in making occasional lunches for our residents. You come with the plan and execution, we will get you some help and we pay for the food!

We are also looking for crafters to lead craft workshops.

For more information contact Jen at 781-924-1913 ext 1109 or email [jennifer.dunn@hanover-ma.gov](mailto:jennifer.dunn@hanover-ma.gov)

## **VOLUNTEER APPRICIATION LUNCH**

We will be holding our Annual Volunteer Appreciation Event on April 20, at 11AM.

If you have volunteer over the last year you will be receiving an invitation to attend. It is very important that you RSVP to this event by April 13.



## **NEW AND RENEWED FRIENDS**

Irene Whitman, Helen Smith, Martha Abraham, Pat Beers, Ed Mikenas, Clare Urbanowicz, Joseph Polinello, Claire and Bill Flynn, Maryanne and Robert Brugnoli, Anne, Campbell, David Fountain, John and Judith Condon, Tanya and Kurt Hentz, Beverly Colton, Marge Silva, Mariline Cobb, Mary O'Toole, Phillip and Cynthia Woods, Edward and Marilyn Hickey, Robert and Barbara Brown, June Lane, Robert Tenaglia, Regina Slowe, Marie Trenhok, Judith Bina, John Harrington, Cheryl and John Panos, Annette Hanson, Norma Rello, Heidi Davis, Ruth McGee, Allen Merchant, Gloria Richards, Margret Petrucelli, Herbert and Gertrude Alley, Patricia DiMarino, Mary Deame, Hilmaine Stanton, Donald Graham, Stella Martin, Kenton and Janet Greene, Jim and Ellen Autio, Ruth Lakso, Elaine Nawazelski, Brenda Filippas, Dorothy Quinn

## **ADDITIONAL DONATIONS**

Irene Whitman, Joseph Polinello, Claire and Bill Flynn, Maryanne and Robert Brugnoli, Anne, Campbell, David Fountain, John and Judith Condon, Tanya and Kurt Hentz, Mary O'Toole, Phillip and Cynthia Woods, Robert and Barbara Brown, Robert Tenaglia, John Harrington, Annette Hanson, Heide Davis, Ruth McGee, Gloria Richards, Herbert and Gertrude Alley, Patricia DiMarino, Mary Deame, Donald Graham, Kenton and Janet Greene, Jim and Ellen Autio, Elaine Nawazelski, Dorothy Quinn

## **IN HONOR OF**

Doreen Zeller, Hanover Visiting Nurses

## **IN REMBERANCE**

A. peter Davis, Barbara Finnerty, Anne Downey, Thelma Litchfield, Briggs/Greene, Julius Nawazeleski, Marty Quinn, Eva Gallant, Joanne Cure, Joan Picard, Dick Powers, Mike, Diane Tenaglia

## **FRIENDS TRIP**

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has booked Foxwoods on April 17, 2018 and September 18, 2018 and Turkey Train is scheduled for October 11, 2018. Flyers available at the Council on Aging. Call Donna for more details 508-243-2293.

## **SPECIAL THANKS**

**Special thanks to the weekly poker players for their continued donations to the Center! And your patience and understanding!!!!**

A local teen named **Kyle McCarthy** had his friends bring him gift cards (instead of gifts to his birthday party) and he donated the cards to the Council on Aging. We are grateful to your thoughtful donation!!!!

A BIG THANK YOU also goes to:

Norma, Cathy Murray, Becky Pongratz, Roger Vierra, Carrie Moores, Louise, Mary McLaughlin, Ann Chizauskas, George Burgess, Priscilla Cedrone



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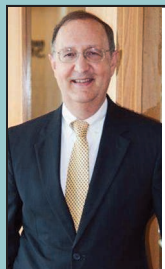


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Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_

**The Hanover COA Advisory Board meets on the second Monday of the month and will meet again on April 23 2018 (due to the Patriots Day holiday) at 9am. All are welcome to attend this open meeting.**

**Friends**

Dot Quinn,  
*President/Treasurer*

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